



PROJECT MANAGEMENT

CHANGING OF THE GUARD

Nicole Dalrymple, PA (right, center) sits down one last time to try to capture 140 years worth of Corps of Engineers service. From left to right: Rich Astrack, PM; Natalie Eschmann, PM; Kathy Steinlage, PM; Dalrymple, PA; David Leake, PM.

USACE photo by George Stringham

STORY BY **NICOLE DALRYMPLE, PA**

A huge change is coming to the District's Planning, Programs and Project Management Division, as four employees, Rich Astrack, Natalie Eschmann, Dave Leake and Kathy Steinlage, prepare to retire. The four of them collectively have over 140 years of experience in the St. Louis District.

Leake and Eschmann started their careers with the District in 1971 and both will conclude their careers Dec. 28. Astrack, who came to the District in 1968, will depart Jan. 2, and Steinlage will be the last one out, departing Feb. 1.

Over the years they have seen many changes in the

District, the Army Corps of Engineers and the nation. They were here when the St. Louis District was part of the Lower Mississippi Valley Division and Rock Island and St. Paul districts were part of the North Central Division.

They have seen societal changes alter the atmosphere and working environment of the District, recalling raucous Christmas parties held in the federal building, smoking permitted indoors, the election of Corps queens at the District's Christmas dances and the display of calendars and posters showing scantily clad women.

Commander's Perspective



Col. Lewis F. Setliff III

By the time you read this, 2007 will be history and we will be entering a New Year.

I hope a Merry Christmas and happy holiday season were had by all, and that you received what you wanted most of all. I know I have.

As I look back on 2007 I am indeed thankful for all the blessings of those I love and for the year of hard work and accomplishments you in the St. Louis District family have achieved. This year has indeed been one of service to the citizens to whom we are responsible.

From struggling with historic ice on the Mississippi River last February through the highly successful upgrades and repairs at both ends of the Mel Price main 1200-foot chamber, to a successful year of statistical performance, 2007 has been in many ways

a bench mark year. Safety improvements and accomplishments in our Small Business program have been but two of many highpoints.

St. Louis people have continued to excel in USACE deployments, domestically and overseas. The Corps is transforming in ways that are blurring lines between local districts and the world. You travel more, travel farther and are indeed, elements of a global force for engineering excellence. In Iraq, Afghanistan, New Orleans or in St. Louis – wherever you have been assigned – you have been part of an organization that is an enabler for our Army and our nation.

Hopefully the New Year will bring many more opportunities to excel. Hopefully you will chalk up more successful completions and embark on new, exciting projects.

One absolutely critical component of our and your ability to do so is continuing to pursue safety.

On Monday evening, Dec. 17, the Channel 9 (KETC Public Broadcasting) reran a report on their visit to Dredge Potter in the St. Louis harbor nearly a year ago. Though probably unnoticed by most viewers, Katharine Meadows, our safety officer noted that for nine minutes, she could find no safety violations. None. Nada. Zip. Each person had on proper safety equipment and was following all the proper procedures.

That wasn't an accident. I know that Captain Pierce emphasizes safety every day, all day. When you

do that, it becomes first something people are aware of and finally, something they just do all the time. Kudos and Hooah!

But you don't have to be on Dredge Potter or at a Corps construction project to think safety and to be safe.

In mid-December we got hit by icy rain, sleet, snow and cold. It made driving and even walking treacherous. That's just one example of the daily challenges out there to your health and well being.

I urge each of you to be your own safety officer and to be the same for your family and those around you. Watch for danger. Respond to it. Change your plans and actions to control or avoid it.

Yes, I care about the record, about the statistics. But those are just charts with colors, circles and arrows. The most important thing is that those numbers in the end represent you and yours.

In closing, as many of you are undoubtedly aware, District Commanders get together in various combinations and venues throughout the year, often with our senior leadership. And we talk. We share problems. We share successes, and there's not another district that I'd rather be in charge of. I am proud to wear the Arch and Steamboat on my shirt – anytime, anywhere. I am proud to be your commander. Thank you for 2007.

Essayons. Hooah!
Col. Lewis F. Setliff



**US Army Corps
of Engineers®**
St. Louis District

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PROJECT MANAGEMENT, FROM COVER

Prior to the 1980s everyone came to work at the same time and left at the same time, 8 a.m. to 4:45 p.m., Leake recalls. Items that weren't around yet include portable calculators, desktop computers, e-mail and voice mail. Secretaries took shorthand, used carbon paper and spent hours working on typewriters.

The size of the District has also changed. Leake estimates that the District once had 1,200 employees but has downsized over the years.

Teams were set up differently and budgets were more robust. Astrack recalls that the St. Louis Metropolitan Urban Study had ten dedicated people. "That was the only project they worked on," he said. "Now many project managers work on 10 to 15 things," Leake added.

Dave Leake

Dave Leake, chief of the Planning and Project Development Branch, originally aspired to work

in construction management, getting his master's degree from the University of Missouri – Columbia. But, unable to find work in construction, he worked as a structural engineer in the District. He thought an opening in Construction Branch would offer an opportunity to work on the second lock chamber at Melvin Price Locks and Dam but worked stalled due to a lawsuit. So instead he ended up writing contract modifications for the St. Louis Flood Protection project, and other construction projects.

A lateral move into the Planning Branch provided new opportunities and challenges. He was immediately given a study, the Silver Creek Basin. Leake remembers it being a very complex study including levees, reservoirs and extensive analysis. His supervisor was Emmett Hahn, who later became the Chief of Readiness, leading efforts during the Great Flood of 1993. When Hahn departed for Readiness, Leake followed him as branch chief.

Rich Astrack

Freshly graduated from the University of Missouri – Rolla, Rich Astrack, project manager and Floodplain Management Program Manager, began his Army Corps career in the Junior Engineer Training (JET) program. The yearlong training program included stints in all disciplines of engineering including planning.

After completing the JET program, he went into hydraulics, where he spent three years and was assigned to the St. Louis Metropolitan Urban Study team. The extensive study was examining water resources of the St. Louis area including water supply and waste water. Numerous projects resulted

from the study including Moline, River Des Peres and Watkins. Although he sat in planning, Astrack was still technically part of the Hydraulics Branch until 1975 when he permanently transferred into planning.

Astrack and his wife, Jane, packed up their two daughters and moved to Germany in 1981, working for the Europe Division in military master planning, nothing like civil works planning, he said. The family returned to St. Louis in 1984. In 1992 he became involved in the Upper Mississippi Navigation Study, today known as the Navigation and Ecosystem Sustainability Program.

Natalie Eschmann

Natalie Eschmann, planning specialist and Floodplain Management Program assistant, began work for the Army Corps in January of 1971. At the time she was contentedly working for an insurance company when she was called to

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Natalie Eschmann has spent more than 30 years with the Corps of Engineers.

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Archivists File GRS Contracts for Future

STORY BY *GEORGE STRINGHAM, PA*

For some people, taking your work home means doing work-related reading or e-mailing after leaving work for the day or the week. For others, though, it means finishing up a project that was started 7,000 miles away in Tallil, Iraq.

In the spring of 2008, Kelly Bertoglio, Office of Counsel, and Amy Williams, Mandatory Center of Expertise for the Curation and Management of Archaeological Collections, will conclude their epic, record-preservation project that started this fall at the Gulf Region South district headquarters building.

On September 2, Bertoglio and Williams arrived in Tallil to catalog and file hundreds of contracting documents, records which had been stacked on desks, under desks, and in closets since 2003. A few weeks later, Nancy Brighton, New York District, joined them.

Lt. Col. Gregory Raimondo, GRS Deputy Commander and former MVS deputy, recommended the St. Louis District for the job. After seeing what was accomplished for Task Force Guardian in New Orleans, coupled with knowing that the St. Louis District's Mandatory Center of Expertise for the Curation and Management of Archaeological Collections was well suited for this task, there was no other logical alternative.

"I knew these guys had the talent," Raimondo said. "These are the folks who archived all the projects of Task Force Guardian." Task Force Guardian was responsible for the reconstruction of New Orleans' hurricane protection system following hurricanes Katrina and Rita.

However, none of these three women fully realized the scope of



Kelly Bertoglio (left) and Amy Williams at home in their office, the foyer and hallways of the second floor of the GRS District headquarters building.

courtesy photo

the task before them.

"The job was more than anticipated and the allotted time wasn't enough," Bertoglio stated. "It was going to take nearly twice as long to do everything correctly."

Williams and Bertoglio explained that there were several things that made the project so much larger than anticipated and one was that each contract may have several Unique Record Identifiers (URIs), or addendums. Each URI had to be sorted and organized appropriately within the contract. Sometimes they had some help with the consolidating and organizing, but not always.

Adding to the scope of the project was that all the completed or closed-out contracts had eight critical documents which had to be captured electronically. These included: (1) contract with cover sheets; (2) modifications; (3) abstract of offers; (4) final release of claims; (5) either a contract completion letter (DD1593), a contract completion statement

(DD1594) or a closeout checklist (DD1597); (6) transfer and acceptance of military real property (DD1354); (7) transfer letters; (8) as-built drawings. Once they had all the electrons for a particular contract, that document would be loaded onto SharePoint where it is accessible by those who need to access them.

Bertoglio said that it would be extremely difficult for the GRS contracting personnel to keep up with the filing that goes along with their work, just based on the volume of contracts they handle.

Having this small team dedicated to this job had its advantages.

"By focusing on just this one task, we were able to operate more efficiently," Bertoglio said. "Thus, we produced a consistent filing system for everyone else to follow."

Williams added that contracting personnel transferring on a regular basis erodes the consistency needed to have accurate records.

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interview with the District, thanks to the Civil Service test she'd taken while in high school. Eschmann interviewed with no intention of taking the job if offered. But she was offered the job and accepted it on the advice of her father.

She worked in the District for three years before taking a seven year break to stay home with her two children. She returned in 1981 on a part time basis, changing to full time once her youngest started college.

Eschmann said the District was a great place to work for 30 years, appreciating the flexibility she had in work schedules. She also appreciated those who took an interest in her career by encouraging her to move outside of the secretarial field.

Kathy Steinlage

Kathy Steinlage, program analyst in the Project Management Branch, came to work for the St. Louis District in April 1978, having already spent seven years with the Department of Veteran's Affairs. She was a secretary in

the Economics Branch. While the District has only one economist today, then there was an entire branch of approximately 25 people.

Steinlage looks back fondly on the Economics Branch and the open working environment. The group was very close, she said, recalling the large room they all worked in.

"I learned a lot just by listening to people," she said. "There were no cubicles. There was no voice mail. You talked more to people face-to-face."

Those were busy days in economics too. Steinlage recalls the Melvin Price Locks and Dam litigation and work being done by the branch for New Orleans District on the Gulf Inland Waterway and the Mississippi River Gulf Outlet study. The collection of data then was extremely painstaking and slow, as there were not the computers and technologies available today.

Steinlage also had supervisors who were interested in seeing her excel and move outside of secretarial work. She started learning how to use a personal computer and began working as an economic assistant. She moved

up, eventually becoming the lead economist on the L-15 project.

When the Economics Branch was dissolved, she became a program analyst, eventually becoming the lead analyst.

Memorable Events

When asked about the Corps reputation, they all agreed that it depends on who you ask. Steinlage likened the Corps to a police officer, "They're great when you need them but when you're speeding you don't want them around." She also described the Corps as the "humanitarian arm of the Army," there to help during floods and other emergency situations.

When it comes to flood damage reduction, Leake agrees that it is absolutely one of the Corps most important missions. "It's right up there with navigation," he said.

Flood events are certainly among the most memorable events for all four retirees. Astrack's was the 1973 flood, which was the flood of record until 1993. He spent five weeks on the upper Mississippi River working as a tech assistant.

For Leake it was the December 1982 floods. He remembers being called on the weekend, told to get up to the Illinois River. The Hartwell Levee had breached and it was heartbreaking and very emotional. Leake recalls a family providing him dinner Sunday night because there were no restaurants open, a gesture all the more touching because the family stood to lose everything.

Eschmann said the '93 flood was her most memorable event. Steinlage also highlighted the '93 flood. She was responsible for working the flood damage estimating program, gathering gage readings every day and supplying them to Emergency Operations.



Rich Astrack describes the Upper Mississippi River Comprehensive Plan at a public meeting held at Valmeyer High School July 31, 2006. Astrack first became involved with the plan in 1992.

USACE photo by Alan Dooley

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The District Celebrates the Holidays at Olivette Lanes





District employees and retirees had the opportunity to get together for a little non-work related bonding at the annual Holiday Party at Olivette Lanes. In addition to the usual assortment of eats and fun, bowling teams competed for prizes (or braggin' rights) in a variety of creative events which included: "FREE" strikes, "Robbing your buddy" and "Crazy Bowl".

Congratulations to the CAC team and others for pulling together another great party!



POSTCARDS FROM



From Danielle Billings



I have only been in Tallil, Iraq for 2 months now, but I have already learned some valuable lessons that I will carry with me when I return home. In the States, we enjoy freedoms that many people in this nation cannot enjoy and often never stop to appreciate. Things such as safety, clean water, electricity, the ability for our children to attend good schools, and for our citizens to receive medical care at health facilities are all things that many Americans take for granted.

This has been an eye opening experience thus far and I expect that for the remainder of my time here I will continue to grow and learn new things. Each day passes by very quickly and there is always something that needs to be done. In fact, there have been many days where I cannot remember what day of the week it is because I am so busy that occasionally I lose track.

I hope that everyone back home enjoys the holidays and that you and your families cherish the time you get to spend together. Stay safe and God bless.

HOOAH!

From John Tatum



Well, I've been in Kabul, Afghanistan for 6 months now and I am getting ready to go home for R&R. When I return, I will have 4 1/2 months left on my tour. It has been great. The work that we are doing in construction is unlike anything I have ever been a part of. I currently am handling the renovation of the ANA, Afghanistan National Army, Hospital in Kabul, the Facility Engineers Agency which houses the engineers for the country, and several security upgrade contracts. The scope of work covers a wide range of activities and has taught me a great deal about the construction process.

The people of Afghanistan are great as well. I work hand in hand with local's everyday and the level of knowledge and dedication that they show to the rebuilding of their country is staggering. They are eager to learn and more eager to do, even the children work harder than I have ever seen. Too many people think that we are just here doing things for the people of this country, that is not true, we are here teaching them how to do for themselves. We are here teaching them how to make a better life for themselves and for their children. The children will be the future of this country and they are learning that they can be and live better than they are now. Like the old adage goes, "Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for life." Now, I haven't seen anyone here that I would want to make this country better which will by doing that, we are helping to make this country safer.

I would like to thank everyone back in the District that has taken the time to correspond with the people deployed here and in Iraq and those who have taken on the additional work so that we can deploy. My thanks also go out to the families of all the deployed personnel. We could not do this job without the love and support of each of you. You are all just as much a part of this mission as we are. I hope everyone back in the St. Louis District has a happy and safe holiday season.

HOOAH!



She also assisted with the PL 84-99 program following the flood doing data collection.

Steinlage recalls going to the Chesterfield Valley after 1993 and explained that there wasn't a piece of glass left in windows. "I am constantly amazed at what water can do," she said.

Career Highlights

Careers spanning 30 to 40 years have many highlights but there are certainly things that stand out.

Steinlage is proudest of her assignment as the L-15 economist, a project that has been constructed and will soon be transferred to the sponsor.

Astrack recalls his first project, a pump station, and the Navigation and Ecosystem Sustainability Program, a regional effort that has formed close bonds between him and employees in the Rock Island and St. Paul districts.

Leake recalls the formulation of the Valley Park Levee as one of his proudest achievements. He also highlights the interagency team that worked on the Navigation Effects Plan of Study (POS) for the second lock chamber at Melvin Price.

"I learned more about people working on that team than I did on any other project," Leake said. Leake is proud of the effort because the second lock chamber got the green light for construction and the POS provided a foundation for the Navigation Ecosystem Sustainability Program.

Changes?

When asked if there was anything they'd like to see changed, Steinlage said one thing missing is the path for secretaries that used to exist. "We don't seem to have a path for secretaries anymore," she



Dave Leake and Michelle Kniep describe the East St. Louis and Vicinity Ecosystem Restoration Project to, then, Chief of Engineers, Lt. Gen. Stroock.

USACE photo by Alan Dooley

said. "I benefited from it, and I would like to see others benefit too."

Eschmann cautioned that the processes and procedures not distract from the main thing, the customers. Leake said he'd like to see the District doing more with public involvement. "We used to do more public involvement on our studies and we really benefited from that," he said. "I think it would be beneficial to do more."

Saying Good-bye

The District had an opportunity to farewell Astrack and Leake with retirement ceremonies on Dec. 18 and 19 respectively. Reflecting on Astrack's career, Joe Kellett, Deputy District Engineer for Planning, Programs and Project Management, described Astrack as an "institution at the Corps" and "one of the most important PMs in the District."

"As one of our go-to guys in the District," Kellett explained that Astrack could be relied on for the "tough stuff." During the presentation of Astrack's certificates, Col. Lewis F. Setliff, District Commander, said, "Rich gets the hard projects because he gets things

done. He breeds enthusiasm and professionalism."

The following day when Kellett was farewelling Leake, he reminded everyone that over 60 years of planning experience was leaving the District with Leake and Astrack. Kellett said the current work load in the District is thanks to the work done by planning years ago.

Col. Setliff described Leake as "an exceptional professional," explaining that he was always grateful for the advice Leake gave and said that it enabled Joe Kellett and himself to "make high level decisions." "Dave's expertise and knowledge were relied upon repeatedly," Setliff said.

In final remarks, Leake quickly deferred credit to the collective group. "I didn't do a single thing myself," Leake said. "I had help from others. Teamwork is everything. It is the only way we get a quality product out there to the American people."

Words of Advice

While the Corps is a science and engineering community,

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requiring technical proficiency, Leake notes the importance of people skills.

"There isn't a one of us that achieves great things by ourselves," he said. "Very often people have strong technical backgrounds but they ignore or don't develop their interpersonal skills. It's so important to develop relationships."

He also challenged supervisors to devote more time to their employees, saying that the benefits would be many fold.

Astrack encouraged the up-and-comers to take advantage of training opportunities, while Steinlage cautions current employees against letting cubicles divide them. She encourages people to get to know each other and gain knowledge from co-workers.'

"People are willing to teach and you can learn a lot," she said.

A Chapter Closes

It is clear from sitting down with the four retirees that the years have formed strong bonds. Whether it is a Midwest thing or not, the St. Louis District has many employees who have never worked anywhere else, which provides the District invaluable institutional knowledge.

This makes it all the more difficult to say good-bye to four exceptional people who together have dedicated over 140 years to the District.

"They all epitomize the term public servant," said Joe Kellett. "I know I speak for the District when I say we will miss them, and appreciate their many years of service to the nation and the Army Corps of Engineers. I wish them nothing but the best in their retirements. "

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Their time there wasn't all work, though.

"There was the humorous side of what we were doing also, cleaning out filing cabinets and desks," Williams said. "We'd find some of the most interesting things left behind from people who'd rotated out."

The tidiness they left in their wake was contagious. As they progressed, they left a swath of clean workspaces, which encouraged offices to organize the rest of their space. And that wasn't the only lasting effect.

Bertoglio explained that the second floor foyer and hallways were their office. When they got there, there wasn't air condition-ing, but Lt. Col. Raimondo refused to let them work like that.

"He told us that he would get us some AC, but we told him not to worry about it," Bertoglio said. "Then, in a few days, we had cold air."

But, between Bertoglio, Williams and Brighton, there was no way for them to accomplish four years worth of filing in the short amount of time that was allotted to them. In order to finish this task, it was decided that the best option was to send everything back to the St. Louis District.

"By bringing it back here, we will save the taxpayers about \$250,000," Bertoglio explained. "We've got 190 work-days scheduled to finish the job once it arrives in St. Louis."

Bertoglio said one of the deciding factors in bringing everything back to St. Louis is because the necessary resources are available. Once files are completed, they will be stored at the lab in the Service Base. When all the records have been organized and archived, they will be sent off to the Transatlantic Programs Center in Winchester, Va., where they will be retained in long term storage.

Once completed, this monumental task may set the precedent for future contract archiving works. Don't be surprised if you see this team "wisked" off to solve others' archiving issues.



Former St. Louis District Deputy Commander Lt. Col. Greg Raimondo has a group of young people from Illinois backing him in Iraq. These kids from Sherry Dooley's four-year-old preschool class recently sent Raimondo a Christmas package including hard candies, bags of jelly beans and his favorite, 16 cans of diet Coke. Discussing him and his assignment to duty in Iraq has taught the children about the Army, our nation's involvement in the GWOT and a little geography to boot. They also know the meaning of the word, "Hooah!"

Eating for two is not necessarily eating *twice as much*

STORY & PHOTO BY ALAN DOOLEY, PA

Human pregnancy has been the domain of numerous old wives tales, not the least of which concerns weight gain.

Decades ago, “You’re eating for two. You need to gain lots of weight to have a healthy baby,” was a rule. “No weight gain,” was the mantra in another time period.

But when Catherine Cummings learned last year that she was pregnant, her only concern was to have a healthy baby.

“I was fortunate,” she tells of her pregnancy. “I found a physician and a team of health care professionals who helped me through the pregnancy and seven months ago, Caroline came into our family at a perfect seven pounds one ounce,” Cummings related.

Cummings, who acknowledges that she has struggled with her weight most of her life, told how she was referred to Saint Louis University physician Dr. Raul Artal. “A doctor who had treated me previously told me he wanted me to get my care from the best doctor available, and I really believe that’s what I got,” she said.

Dr. Artal has studied obese mothers and concluded that minimizing weight gains or even losing weight offered prospects for the best outcomes for both the mothers and their babies. His studies also pointed to a combination of exercise and diet control as the best method versus diet control alone.

“So I exercised,” Cummings reported.



St. Louis District EEO Chief Catherine Cummings elicits a smile and happy sounds from her 7-month-old daughter Caroline during a lunch time visit to the child care facility in the Robert A. Young Federal Building where she works.

USACE photo by Alan Dooley

“I also kept a dietary log – I wrote down everything I ate or drank, including diet soda,” she said.

“Once a week I visited my team. It included a dietician and a diabetes nurse. They reviewed what I ate, my blood sugar numbers and made adjustments as we went along. They supported me too. Some days it was pretty tough to play by the rules,” Catherine remembered.

Cummings was concerned both by the onset of gestational diabetes – a form of diabetes that affects many pregnant women, especially ones who are over weight. And she was worried about her blood pressure, for which she was already taking medication.

The physician-dietician-nurse team watched to ensure that she was getting enough carbohydrates to develop the baby while keeping

her blood sugar under control. It was a seemingly endless process of logging, reviewing, analyzing and adjusting.

“In the end we – me, the baby and my team – got it right. Dr. Artal had warned that if the baby showed weight gain into the nine pound area, delivery would have to be by a c-section,” Catherine said.

“In the end the numbers came out on the button. Caroline was seven-one, my sugar stayed under control and that challenge has disappeared, I lost 23 pounds and was able to stop taking blood pressure medication,” Cummings concluded.

“Listen, I know I need to lose more weight. I want to lead a long, healthy and happy life watching my two children – Caroline and 2-year-old Grace

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General Dacey Trail Fosters Cooperative Partnerships

BY GARY SHEA, LAKE SHELBYVILLE PARK RANGER

The General Dacey Trail that is growing out of the Dam West Recreation Area at Lake Shelbyville is bringing together a community and the Corps. As the trail expansion moves forward, Jerry Yockey, General Dacey Trail Committee Chairman sees a much bigger picture.

"The idea is to connect the trail to our community and to the downtown area, creating a Shelbyville Loop," Yockey says. And that's just the beginning. "The bigger goal is to connect the trail with other trail systems in Springfield, Effingham and Mattoon."

The *General Dacey Trail* is a multi-partnered regional initiative centered around Lake Shelbyville in Shelby and Moultrie counties in Illinois. The City of Shelbyville is a sponsor of the trail plan in partnership with the City of Sullivan, Shelby and Moultrie Counties, The Illinois Department of Natural Resources, The U.S Army Corps of Engineers and other public and private entities. Partnerships with organizations such as the Central Illinois Mountain Biking Association (CIMBA), Boy Scouts of America and 4-H clubs will be an important focus for long term maintenance of future trail development. When fully implemented, the 170 mile trail will encircle Lake Shelbyville and provide off-road connectivity to local communities, public recreation areas and other scenic attractions in the area. The designated uses are hiking, biking and limited snowmobiling. The trail is being

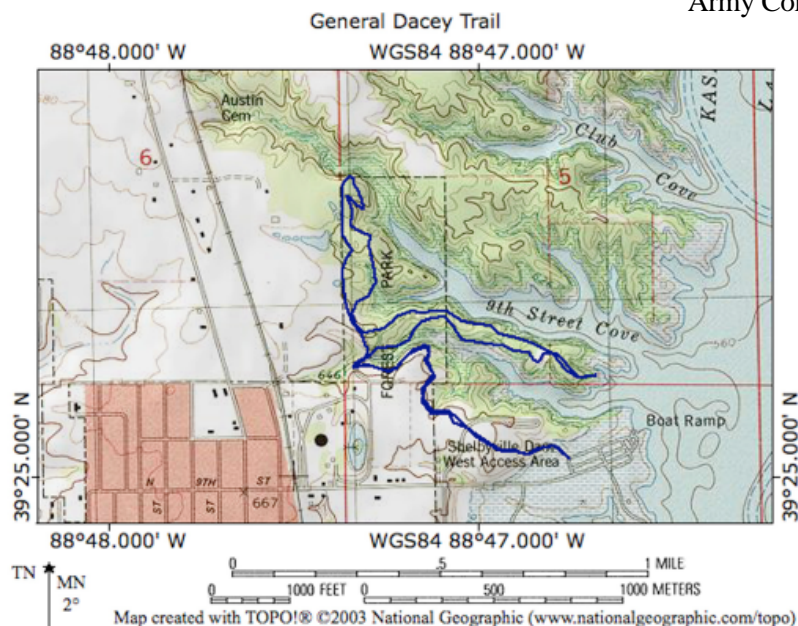


The General Dacey Trail is a valuable illustration that shows what happens when private organizations and entities, local governments, state agencies and the Corps of Engineers partner = the community wins.

constructed in "Phases", with "Phase Two" being recently completed over the summer.

In 2000, a General Dacey Trail Committee was formed through the efforts of local units of government and the U.S. Army Corps of Engineers. The committee decided to come up with a name for the trail that had meaning and would be unique to the area. Thus it seemed ideal to name the trail in honor of a man who not only was the supervising engineer of the Lake Shelbyville construction, but also a man who cared about the lake and continued to support the project he once helped build. The committee decided on the name "**GENERAL DACEY TRAIL**" honoring retired Maj. Gen. Robert J. Dacey of the U.S Army Corps of Engineers.

Yockey has been involved with the committee since its inception in 2000. In 1999 he went to the Shelbyville City Council and requested permission to form a committee for implementation of the trail and create a board consisting of local, state and federal officials. He was granted the consent and now the trail is approved by the Corps in the Lake Shelbyville Master Plan, the Shelbyville City Council and the Shelby County Board. Yockey states; "This trail would not exist without the support and cooperation of the Army Corps of Engineers. They have always shown me respect and appreciation in our efforts to build the General Dacey Trail." He also stated, "The manager of Lake Shelbyville, Ricky Raymond, is very easy to



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Potter, America wrap up another dredging season



The District's Dredge Potter and contract dredge, Dredge America, finished up another dredging season in time to get everyone home for the holidays.

Here are this season's stats:

	Potter	America
Activated	July 26, 2007	August 25, 2007
Deactivated	December 13, 2007	December 12, 2007
Volume (cubic yds)	3.7 million	1.9 million

Special thanks to the crew of the Potter:

It has taken me 32 years to get a chance to board the Dredge Potter. I try to refrain from using clichés but it was definitely “worth the wait”. It is amazing to witness a vessel that was built in the ‘30’s still going strong in its vital role to maintain navigation on the Mississippi. Our host, Red Mezo, took time away from his duties to be our guide and explain in detail the inner workings of the Potter. Every crewmember that Red introduced us to was very professional and made us feel welcome as guest during the entire visit.

Please pass on to the crew of the Potter our appreciation for their hospitality and to you Lance for giving us the opportunity to see first hand what I have only been able to observe from another passing vessel for years.

Ed Henleben
Senior Operations Manager
Ingram Barge Company

TRAIL, FROM PREVIOUS PAGE

work with and I look forward to working with him and his staff to expand the trail around the lake.”

As the community and the partners get more involved, additional donations are coming into the project. The Shelby Memorial Hospital Foundation recently announced a \$100,000 dollar contribution for the upcoming phase four of the project. Two local banks, First Federal Savings and Loan and Shelby County State Bank both have donated \$10,000 each to Phase Two of the overall development. The Shelbyville Wal-Mart has also contributed to the effort. Grants for Federal, State and local money have been submitted for further construction and enhancement of the trail. Phase Three of the construction will begin next summer and will increase the overall length of the General Dacey Trail by one mile. Phase Four is currently being planned and will extend the trail over to the Lake Shelbyville Visitor Center.

Ricky Raymond, Lake Shelbyville Operations Manager, believes the project is very important to the area and all of the stakeholders involved.

“I continue to be impressed at the level of cooperation

and commitment this project is generating in the community. This is a shining example of public and private partnering and I look forward to the Corp’s continued cooperation with the trail committee and all of the other partners.”

The Corps of Engineers has designated Lake Shelbyville as one of the six Federal Lakes Recreation Demonstration Laboratory projects, at which the agency will demonstrate innovative planning, management, and financing partnership arrangements with non-Federal partners. As we move further into the 21st Century partnerships between the Corps, state and local agencies and public interest groups become increasingly important. The General Dacey Trail is but one example of how these partnering efforts can work to achieve commonly held goals to improve public recreational areas and provide opportunities for “nature deficit disorder” sufferers to get up, get out and enjoy Lake Shelbyville.

For more information on the General Dacey Trail or other trails at Lake Shelbyville call 217-774-3951 or visit their website at:

<http://www.mvs.usace.army.mil/Shelbyville/trails.htm>



THE ROAD AHEAD

...FOR WHEN THE ROADS CLOSE

The following is a summary of PROPOSED changes to bus routes in St. Louis. According to the Citizens for Modern Transit organization, these are planned to partially compensate for the coming traffic congestion that will accompany the extended shut down of Hwy I-64-40. Keep a watch on media sources for changes and additions.

57 Manchester Wildwood - extend from Barrett Station Rd to Ellisville & Wildwood areas replacing 258 Wildwood.

57X West County Express - replace 158X Clayton Rd; operate Clarkson, Clayton Rd, (will serve new 550 park ride lot spaces at Queeny Park), Manchester Rd ending at Maplewood MetroLink Station; 20 minute frequency during rush hour.

58 Clayton Ballas - No change east of Ballas Transit Center to Clayton Transit Center; West of Ballas route loop serving Missouri Baptist Hospital, St. John's Hospital, Maryville Office Complex, St. Luke's Hospital, Delmar Gardens Chesterfield and Delmar Gardens West, JCC, and Woodlake Drive area; will not serve Chesterfield Mall or Chesterfield Valley.

58X Twin Oaks Express - route starts at I-64 and Clarkson Rd with new 20-minute frequency during rush hour. This route will no longer serve Clayton Road.

310 South City Shuttle - new rush hour service from Civic Center MetroLink Station serving Ameren, Anheuser Busch and Defense Mapping.

210 Fenton Shuttle - service extended to Sanford Brown College at Bowles Ave. & Hwy. 141 and on Big Bend Blvd. between Murdock and Elm in Webster Groves, new midday and rush hour service added to the route.

410X Eureka Express - route extended to Six Flags Road at new Park Ride Lot with new 20-minute frequency during rush hours. Clayton Rd Connector - St. Luke's Hospital will serve as transfer point for #58 Clayton Ballas rather than Ballas Transit Center.

Chesterfield Valley Connector - St. Luke's Hospital will serve as transfer point for #58 Clayton Ballas rather than Ballas Transit Center for new service to Chesterfield Valley.

CUMMINGS, FROM PAGE 12

— grow up. I also want to set a good healthy example for them," she said.

Are Dr. Artal's conclusions for every mother-to-be?

His study conclusions are not universally accepted because first results came from a smaller sampling of prospective numbers. But even his detractors acknowledge that his conclusions bear further study and may in fact be correct.

Cummings notes that she's not a doctor. "But following his guidance worked well for me. For me the results could not have been better. I had a smooth pregnancy — as smooth as those come — and today am healthier than I was before we I conceived. For me, it was perfect. For me and my family the outcome was wonderful."

Catherine has great pride on her successful pregnancy and has shared her story with other

hopeful mothers. Shortly after Caroline's birth in fact she was featured on St. Louis TV Channel 4's Health Beat, giving others hope that they too might have healthy happy babies despite threats to their well being.

The look on Catherine Cummings' face when she gazes into the eyes of 7-month old Caroline confirm every one of these beliefs. She's a keeper!

Holiday Wishes

DISTRICT TEAM,

As the Christmas and New Years holidays are upon us; I wanted to send to all of you a message of thanks and good tidings - especially since a large percentage of you are taking the next few days off to enjoy a much deserved long weekend.

I truly appreciate the hard work, diligent efforts, and absolute compassion that all of you display on a daily basis. As I see, hear of, or experience your work, it is always inspiring and impressive. The people of this region are lucky to have all of you working for them. You always find a way to get the mission done.

Thanks for a superb 2007!



Lizabeth and I would like to wish our extended Corps family a safe, joyous, and happy holidays. I am exceptionally privileged and proud to be your Commander and look forward to a fantastic 2008!

And since we need everyone to make next year a success - please be safe, drive carefully, and buckle those seatbelts. Remember you can never be TOO SAFE!

**Merry Christmas and
Happy New Year!**

Ho Ho Hooah!

COL S

Colonel Lewis F. Setliff III
Commander, St. Louis District
U.S. Army Corps of Engineers

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